

Course discipline/number/title: PHED 1125: Yoga for Life

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. MnTC Goals (if any): NA

This course is a discipline associated with physical, mental, emotional, and spiritual benefits. The focus of the class will be on Hatha Yoga, which is that branch of Yoga that works primarily with the body through asanas or postures. These postures are performed in a variety of positions, including; seated, kneeling, standing, lying and partially inverted on the floor. Breathing exercises, meditation and relaxation will also be highly emphasized. Yoga postures enhance flexibility, balance, and strength, while focusing on mind/body awareness.

B. DATE LAST REVISED (Month, year): February, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. History of the field of Yoga
2. Exploration of the history and evolution of Hatha Yoga.
3. Identifying and differentiating a variety of concepts of energy.
4. Learning and practicing breathing mechanics, and understanding how energetics are affected.
5. Learning and practicing the mechanics and alignment of postures, and understanding how energetics are affected.
6. Learning and practicing meditation techniques while understanding the physiological benefits meditation creates.
7. Learning and practicing relaxation techniques while understanding the physiological benefits relaxation creates.
8. Applying and adapting yoga practices and techniques for safe usage with special populations or in special situations

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Improve flexibility.
2. Improve balance.
3. Explain how Hatha Yoga is utilized for stress reduction.
4. Explain how Hatha Yoga practices transfer to daily living, for improvement of overall health.
5. Demonstrate Hatha Yoga postures.
6. Demonstrate forms of meditation.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

Methods may include but are not limited to:

1. Attendance
2. Participation
3. Written Assignments
4. Written Exam
5. Journal

G. RCTC CORE OUTCOME(S) ADDRESSED:

Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None